

Gymnastics

Big idea: Controlling movement with compositional ideas

Introduction to Gymnastics

Gymnastics is a sport that includes exercises requiring balance, strength, flexibility, agility, coordination, and endurance. Gymnastics evolved from exercises used by the ancient Greeks that included skills for mounting and dismounting a horse and from circus performance skills.

The most common form of competitive gymnastics is artistic gymnastics, which consists of various event. Women compete in floor, vault, uneven bars and beam. For men, it consists of the events floor, vault, rings, pommel, parallel bars, and horizontal bar. The national governing body is the British Gymnastics and they are dedicated to developing gymnast, coaches and clubs across a range of disciplines.



Sporting Achievements

The United Kingdom won 7 medals at the Rio Olympic games.

Big Stars

Max Whitlock – Double Olympic gold and a bronze medal
Nile Wilson
Amy Tinkler.

World Ranking Number 1:
Simone Biles, USA

Keywords;

Transitions
Creativity
Body Tension
Control
Aesthetically pleasing
Y Start and Finish

Assessment Criteria:

Year 7: Create a paired routine

Year 8: Create a Group routine (With apparatus)

Aim Higher – Can you include these in your routines:

Canon

Pathway

Advance skills

